

Bexley 0 to 19

Infant Feeding Support Update

The Bexley 0 to 19 Health visiting service are offering **Group Drop-in Support sessions, 1-1 clinic appointment sessions** as well as **1-1 video and telephone infant feeding support**. These sessions are for any infant feeding questions you may have including:

- Getting started with breastfeeding
- Any questions about or challenges with breastfeeding
- If you wish to return/start exclusive breastfeeding
- When returning to work
- When introducing solids
- When you are ready to stop breastfeeding
- ...and more!

If you would like infant feeding advice please contact us on **0300 330 5777** or email: bromh.bexley0to19@nhs.net and we will contact you to arrange the best support.

Visit bexley0to19.co.uk
for more information



@childpublichealth



@bexley0to19



@bexley_0to19

2023- Infant feeding Support in Bexley

Group Breastfeeding Support Drop-ins

North Cray Neighbourhood Center 1 Davis Way, Sidcup DA14 5JR · NCT Baby Café Crayford Library, 176 Town Hall Square Crayford DA1 4FN Danson Children's Center Brampton Road Bexleyheath DA7 4EZ	Mondays 9:30AM-11:15AM Wednesdays 11am-1230pm Wednesdays 1:30PM-3:15PM	Come along anytime- no bookings required! Please arrive 15mins before the end of the session.
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1-to-1 Face-to-face Clinics

West Street Children's Center 174 Chandlers Road, Erith, DA8 1LW	Thursdays 09:15AM-1:00PM	By APPOINTMENT ONLY To arrange a booking call 0300 330 5777 or e-mail bromh.bexley0to19@nhs.net requesting "infant feeding support"
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Virtual support

Telephone/e-mail/video support	Arranged ASAP on request	To arrange call 0300 330 5777 or e-mail bromh.bexley0to19@nhs.net requesting "infant feeding support"
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Local Volunteers

Judianne Sherrell - NCT Breastfeeding counsellor	07958567522
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Free telephone and online baby feeding support and information

Voluntary Organisations – Available every day of the year!

National Childbirth Trust (NCT)	08:00-midnight	0300 330 0700
La Leche League (LLL)	08:00-23:00	0345 120 2918
Breastfeeding Network (BfN)	09:30-21:30	0300 100 0210
Association of Breastfeeding Mothers (ABM)	09:30-21:30	0300 330 5453
National Breastfeeding Helpline	09:30-21:30	0300 100 0212

Bexley 0 to 19 Children's Public Health Service is delivered by Bromley Healthcare, working with the NHS for the London Borough of Bexley

Bromley Healthcare
better together

